



6135 E Street
Springfield, OR 97478

PLACE STAMP
HERE



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Brian Thompson

Maintenance Director

Andrea Clark

Activities Director



**Our mission is to create and sustain
comfortable, caring environments for
those who depend on us.**

Contact us at:

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Sweetbriar Villa Bulletin

Sweetbriar Villa Assisted & Memory Care Newsletter — October 2017



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The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults’ emotional and physical health and how social they are in their daily lives. The Alzheimer’s Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged.

Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.

Quick Note From Activities

Happy October!

I am so excited to share the changes that are coming to the activities program!

We will be changing Wednesday outings from scenic drives to trips. As you will see on the calendar, we are taking a trip to the Wildlife Safari in Winston to visit over 90 different species of animals that can come right up to the window.

Next, we will be taking a shopping trip to either Wal-Mart or the Dollar Store depending on popular vote. Many residents have requested they have the ability to go shopping once a month to buy items they may need or want.

The third week of October we will be taking a trip to the Casino, again, this has been a highly requested trip from several residents.

The last week of October we will be going to Thistledown Farm to enjoy the tractor/hay ride down to pumpkin patch and getting pumpkins to

bring home.

Spaces will be limited as the bus can only handle 12 seats, and 2 wheelchair spots. Spots may be set aside for caregiver or staff member.

Please make sure that if your loved one wants to attend these trips they have the funds to do so. You can either pay for the events with Celene, or you can create a PIF(personal incidental funds) account where you can put funds in there for them to access for trips.

Residents in Memory Care will have separate trips. They will have scenic drives with a stop for ice cream or hot cocoa. Please contact Andrea Clark with any concerns.



“Who needs a costume when you can be scary every day?”
-John S.

“Couples costume at previous job, I was Sandra D., and the maintenance man was Danny Z. from Grease”
-Charley

We asked residents and staff to share their favorite costumes!

“Blue Eyed Devil”
- Celene

October Highlights — You're Invited!

10/04: Head to Wildlife Safari! A day trip to see over 90 species of animals.
Cost will be \$13.00

10/11: Flu Shots available for our Residents. Please make sure paper-work has been completed with either Miranda or Charley.

10/11: Shopping Trip to Dollar Store
\$\$ per family.

10/18: Trip to Casino \$\$ per family

10/25: Pumpkin Patch and Hay Ride trip to Thistledown Farm. Cost \$4.00

10/31 HALLOWEEN SPECTACULAR PARTY 2-4pm. Treats, Prizes, Vote for best pumpkins and more.



The Best Halloween Costume I ever wore was...

"About 3 years ago, I was an electrical outlet... I was ELECTRIFYING"
-Kelly W.

"Best costume I ever wore was Black Swan from the movie. Won 1st place that year!"
-Andrea



70 Years of Love

"It Changed My Life"

A friend of mine was the one who started the process that brought my husband and I together. And also who eventually became my sister-in-law.

We met while going to a vocational training school. Her parents came to Oregon from Montana and my family arrived from Kansas in 1939. We left Kansas in a dust storm and carrying what we could bring in a rickety trailer having sold most of our furniture at an auction sale.

My Dad had a good business, gas station and bulk truck, delivering gas to farmers and doing machine work. The dust storms ruined the crops and farmers were unable to pay for the work. So our cousins who were living in Oregon encouraged us to come west, and this we did. We all took to Oregon like ducks take to water. WE soon were working at odd jobs. Then during the war, Dad worked in the ship yards. I went to work for Bell Telephone. The boys went into the Navy.

My friend had met a young man from N.C



working in the three camp. When him and his little brother got done in war in 1947 he came back to Oregon bringing his younger brother with him. They stopped by my sister's, where I was staying and it was love at first sight. The younger brother Talmadge and I married and the best gift a friend can give me. 70 years of true love.

Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/SweetbriarVillaSeniorLiving

October 2017

Sweetbriar Villa
6135 E St.
Springfield, Or. 97478
(541) 225-0200

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Bible Time w/ Brother John 10:30 Balloon Bash MC 11:00 Balloon Bash 2:00 Board Games	2 10:30 MC Coloring 11:00 GETTING FIT 1:00 MC Table Ball 2:00 Popcorn Social 3:30 BINGO	3 10:30 MC Play-Doh 11:00 GETTING FIT 1:00 MC Puzzles 2:00 Ice Cream Social 3:30 BINGO	4 10:30 MC Card Game 11:00 GETTING FIT 1:00 Wildlife Safari Trip 3:30 BINGO	5 10:30 MC Kinetic Sand 11:00 GETTING FIT 1:00 MC Pet Therapy 2:00 Painting Class 3:30 BINGO	6 10:30 MC Tea Time 11:00 GETTING FIT 1:00 MC Bird Watching 2:00 Rebel Backroads 3:30 BINGO	7 UO VS. WSU 10:30 MC Art Time 11:00 GETTING FIT 1:00 MC Music Therapy 2:00 Card Making Class 3:30 BINGO
8 ALZEHEIMERS WALK 9:30 Bible Time w/ Brother John 10:30 MC Parachute 11:00 Balloon Bash 2:00 Karaoke	9 COLUMBUS DAY 10:30 MC Play-Doh 11:00 GETTING FIT 1:00 MC Music Therapy 2:00 Movie Matinee 3:30 BINGO	10 MEDICARE CLASS 10:30 MC Painting 11:00 GETTING FIT 1:00 MC Kinetic Sand 2:00 Spa Time 3-5 Medicare Info	11 Flu Shot Clinic 10:30 MC Bird Watching 11:00 GETTING FIT 1:30 Shopping Trip 3:30 BINGO	12 John S. Birthday 10:30 MC Puzzles 11:00 GETTING FIT 1:00 MC Scenic Drive 2:00 Pet Therapy 3:30 BINGO	13 10:30 MC Parachute 11:00 GETTING FIT 1:00 MC Jewelry Making 2:00 Big Foot Lane 3:30 BINGO	14 UO vs STANFORD 10:30 MC Pet Therapy 11:00 GETTING FIT 1:00 MC Kinetic Sand 2:00 Jewelry Making 3:30 BINGO
15 9:30 Bible Time w/ Brother John 10:30 MC Table Ball 11:00 Balloon Bash 2:00 Photo Share Group	16 10:30 MC Painting 11:00 GETTING FIT 1:00 MC Puzzles 2:00 Hall Bowling 3:30 BINGO	17 10:30 MC Play-Doh 11:00 GETTING FIT 1:00 MC Popcorn Party 2:00 Kathy Kali Music 3:30 BINGO	18 10:30 MC Parachute 11:00 GETTING FIT 1:30 Casino Trip 3:30 BINGO	19 10:30 MC Pet Therapy 11:00 GETTING FIT 1:00 MC Button Art 2:00 Painting Class 3:30 BINGO	20 10:30 MC Bird Watching 11:00 GETTING FIT 1:00 MC Picture Sharing 2:00 Chocolate Party 3:30 BINGO	21 UO vs. UCLA 10:30 MC Bowling 11:00 GETTING FIT 1:00 MC Art 2:00 Card Making 3:30 BINGO
22 10:30 MC Coloring 11:00 Balloon Bash 2:00 Board Games 6:30 Bible Time w/ Brother John	23 10:30 MC Painting 11:00 GETTING FIT 1:00 MC Puzzles 2:00 Movie Matinee 3:30 BINGO	24 10:30 MC Parachute 11:00 GETTING FIT 1:00 MC Coloring 2:00 Pet Therapy 4:00 Resident Council	25 Etta M. Birthday 10:30 MC Card Game 11:00 GETTING FIT 1:30 Pumpkin Patch Trip to Thistledown Farm 3:30 BINGO	26 10:30 MC Pet Therapy 11:00 GETTING FIT 1:00 MC Music Therapy 2:00 Birthday Bash 3:30 BINGO	27 10:30 MC Card Games 11:00 GETTING FIT 1:00 MC Coloring 2:00 Cowboy Cadillac 3:30 BINGO	28 UO vs. UTAH 10:30 MC Pumpkin Art 11:00 GETTING FIT 1:30 Pumpkin Painting 3:30 BINGO
29 9:30 Bible Time w/ Brother John 10:30 MC Balloon Bash 11:00 Balloon Bash 2:00 Karaoke	30 10:30 MC Sand 11:00 GETTING FIT 1:00 MC Art 2:00 Hall Bowling 3:30 BINGO	31 HALLOWEEN 10:30 MC Coloring 11:00 GETTING FIT 1:00 MC Bird Watching 2:00 Halloween Spectacular 3:30 BINGO			MC- Memory Care	

October Birthdays

7th- Julia L.

8th- Brittany R.

12th- John S.

12th- Miranda F.

16th- Joanne B.

25th- Etta M.

28th- Terri C.